



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09201, Oranges, raw, California, valencias

Report Date: June 30, 2017 16:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:25% Refuse Description: Peel and seeds

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup sections, without membranes 180g | 1 fruit (2-5/8" dia) 121g |
|--------------------------------|------|---------------------|-------------|------------|---|------------------------------|
| Proximates | | | | | | |
| Water | g | 86.34 | 17 | 0.180 | 155.41 | 104.47 |
| Energy | kcal | 49 | -- | -- | 88 | 59 |
| Energy | kJ | 205 | -- | -- | 369 | 248 |
| Protein | g | 1.04 | 16 | 0.036 | 1.87 | 1.26 |
| Total lipid (fat) | g | 0.30 | -- | -- | 0.54 | 0.36 |
| Ash | g | 0.42 | 17 | -- | 0.76 | 0.51 |
| Carbohydrate, by difference | g | 11.89 | -- | -- | 21.40 | 14.39 |
| Fiber, total dietary | g | 2.5 | -- | -- | 4.5 | 3.0 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 40 | -- | -- | 72 | 48 |
| Iron, Fe | mg | 0.09 | 16 | 0.005 | 0.16 | 0.11 |
| Magnesium, Mg | mg | 10 | 94 | 0.431 | 18 | 12 |
| Phosphorus, P | mg | 17 | 18 | 0.341 | 31 | 21 |
| Potassium, K | mg | 179 | 86 | 2.244 | 322 | 217 |
| Sodium, Na | mg | 0 | 24 | 0.034 | 0 | 0 |
| Zinc, Zn | mg | 0.06 | 2 | -- | 0.11 | 0.07 |
| Copper, Cu | mg | 0.037 | 16 | 0.005 | 0.067 | 0.045 |
| Manganese, Mn | mg | 0.023 | 16 | 0.002 | 0.041 | 0.028 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 48.5 | 75 | 1.019 | 87.3 | 58.7 |
| Thiamin | mg | 0.087 | 78 | 0.001 | 0.157 | 0.105 |

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| Riboflavin | mg | 0.040 | -- | -- | 0.072 | 0.048 |
| Niacin | mg | 0.274 | 75 | 0.004 | 0.493 | 0.332 |
| Pantothenic acid | mg | 0.250 | -- | -- | 0.450 | 0.302 |
| Vitamin B-6 | mg | 0.063 | 54 | 0.002 | 0.113 | 0.076 |
| Folate, total | µg | 39 | 81 | 5.212 | 70 | 47 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 39 | 81 | 5.212 | 70 | 47 |
| Folate, DFE | µg | 39 | -- | -- | 70 | 47 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 12 | 78 | 0.444 | 22 | 15 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 230 | 78 | 8.884 | 414 | 278 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.035 | -- | -- | 0.063 | 0.042 |
| 12:0 | g | 0.001 | -- | -- | 0.002 | 0.001 |
| 14:0 | g | 0.001 | -- | -- | 0.002 | 0.001 |
| 16:0 | g | 0.032 | -- | -- | 0.058 | 0.039 |
| 18:0 | g | 0.001 | -- | -- | 0.002 | 0.001 |
| Fatty acids, total monounsaturated | g | 0.055 | -- | -- | 0.099 | 0.067 |
| 16:1 undifferentiated | g | 0.007 | -- | -- | 0.013 | 0.008 |
| 18:1 undifferentiated | g | 0.048 | -- | -- | 0.086 | 0.058 |
| Fatty acids, total polyunsaturated | g | 0.060 | -- | -- | 0.108 | 0.073 |
| 18:2 undifferentiated | g | 0.044 | -- | -- | 0.079 | 0.053 |
| 18:3 undifferentiated | g | 0.016 | -- | -- | 0.029 | 0.019 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.010 | -- | -- | 0.018 | 0.012 |
| Threonine | g | 0.017 | -- | -- | 0.031 | 0.021 |
| Isoleucine | g | 0.028 | -- | -- | 0.050 | 0.034 |
| Leucine | g | 0.026 | -- | -- | 0.047 | 0.031 |

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|---------------|------|------------------------|----------------|------------|--|------------------------------|
| Lysine | g | 0.053 | -- | -- | 0.095 | 0.064 |
| Methionine | g | 0.022 | -- | -- | 0.040 | 0.027 |
| Cystine | g | 0.011 | -- | -- | 0.020 | 0.013 |
| Phenylalanine | g | 0.034 | -- | -- | 0.061 | 0.041 |
| Tyrosine | g | 0.018 | -- | -- | 0.032 | 0.022 |
| Valine | g | 0.044 | -- | -- | 0.079 | 0.053 |
| Arginine | g | 0.073 | -- | -- | 0.131 | 0.088 |
| Histidine | g | 0.020 | -- | -- | 0.036 | 0.024 |
| Alanine | g | 0.056 | -- | -- | 0.101 | 0.068 |
| Aspartic acid | g | 0.127 | -- | -- | 0.229 | 0.154 |
| Glutamic acid | g | 0.105 | -- | -- | 0.189 | 0.127 |
| Glycine | g | 0.105 | -- | -- | 0.189 | 0.127 |
| Proline | g | 0.052 | -- | -- | 0.094 | 0.063 |
| Serine | g | 0.036 | -- | -- | 0.065 | 0.044 |
| Other | | | | | | |